SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 16 SHOPPERS DRUG MART

Summer's hair

Hot one day, humid the next — welcome to frizzy season. But don't fret: Blake Lively's long, loose layers can still be yours PAGE 17

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Darkened theatre could see light

Western Fair District. Music groups in talks about taking over empty east-end centre

ANGELA MULLINS
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A deal in the works could see the former IMAX theatre at Western Fair District transformed into a community music hub.

Orchestra London is working with 10 to 15 partners including the Home County Music and Art Festival, London Pro Musica choir and the London Musicians Association to create a place where grassroots musicians and school groups can stage performances and share space, says Joe Swan, Orchestra London's executive director.

The "synergy," as Swan describes it, could range from groups using offices at the centre to creating a music library. In the end, the project would strengthen organizations and the local music scene, he says.

"It really unifies a kind of fragmented, dispersed group of talented people," Swan said. "Hopefully, it helps us learn from each other."

Negotiations started more than a year ago and an agreement with Western Fair District hasn't been finalized. The deal is likely to include a long-term lease of the former theatre, Swan said.

Groups were expected to tour the building on Wednesday evening to take things to the "next step," Swan said.

It's likely to be fall before a business plan is created and next spring before the centre would be ready to welcome patrons.

Under any deal, Orchestra London would continue performing at Centennial Hall and stay dedicated to seeing a new concert hall open downtown, Swan says.

Getting involved in the Western Fair District project is part of Orchestra London's renewed focus on community outreach, especially when it comes to mentoring young musicians, he says.

The darkened theatre is considered a good spot for medium-sized shows. It has about 600 seats, compared to about 300 at nearby Aeolian Hall and about 1,600 seats at Centennial Hall.

Background

- The IMAX theatre opened in 1996 and closed in 2005.
- The London City Music Theatre opened in 2006 and closed when the lease expired last fall.

Follow Angela Mullins on Twitter @MetroAngela

Local groups are trying to hatch a deal that would turn this Western Fair District building (900 King St.) into a community music hub. It once housed an IMAX theatre and, most recently, the London City Music Theatre. ANGELA MULLINS/METRO

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London teenager gets provincial fire-safety nod

Local hero.
Lessons learned in primary school helped prevent tragedy: Firefighters

ANGELA MULLINS
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Graduating from Grade 8 might be enough excitement to sustain your typical 14-year-old for a few days.

But for London's Chantal Davison, moving up the ranks to high school has only been a small part of an otherwise busy week.

Chantal was in Toronto on Tuesday where she and five other Ontario youths received the Fire Action Safety Award from the Ontario Fire Marshal's Public Safety Council. She was in the spotlight again Wednesday, honoured with a similar award by hometown firefighters.

Chantal and her family — mother, father and two older siblings — have become the local ambassadors for fire safety since a blaze broke out at their Pall Mall Street home last summer.

It's a role Chantal's more than willing to take on.

"I'm happy because other people can learn from my experience, and they can also be safe," she said.

The family had working smoke detectors and a fire plan, thanks in part to lessons Chantal learned years ago at the YMCA Children's Safety Village. Being prepared allowed them to escape the electrical fire without injury, fire officials said.

When the fire alarms sounded June 7, 2011, Chantal first thought it was an accident triggered by steam from a family member taking a shower. Things got serious when she opened her bedroom door and was met by a wall of smoke.

Her training kicking in with little more than a second thought, Chantal dropped to her hands and knees and crawled to the front door. The rest of her family followed the escape plan and met at the designated tree in their front yard.

Chantal offered up some advice Wednesday for families who may be faced with similar situations: Stay calm.

Follow Angela Mullins on Twitter @MetroAngela

By the numbers

3

The number of Londoners in the past 18 years to have received the Ontario Fire Marshal's Fire Action Safety Award.

Safety advice

"If you start hyper-ventilating and shaking and getting really scared, it doesn't help."
Chantal Davison

Chantal Davison, 14, of London, displays the fire-safety award she received Wednesday from the London Fire Department for her quick thinking during a June 2011 blaze at her family's home. Chantal has also received an award from the Ontario Fire Marshal's Public Safety Council. ANGELA MULLINS/METRO

Weather

Extreme-heat alert Thursday

Environment Canada's humidex advisory and a forecast calling for a high of 34 C have prompted the Middlesex-London Health Unit to issue the third extreme-heat alert of the year. The alert will come into effect Thursday.

The weather system that is moving into the London and Middlesex region is expected to bring scorching heat that will make it feel like the low 40s Thursday. However, it is expected temperatures and humidity levels will drop on Friday.

METRO

Crime

Teen girls charged in violent robbery

Four teenage girls have been charged following a robbery on Hamilton Road.

Police say two girls, 14 and 15 years of age, were walking on Hamilton near Giles Street around 12:40 a.m. Wednesday when they were attacked.

The four girls allegedly knocked the victims to the ground, assaulted them and then stole one of their cellphones.

Kelsey Price, 18, and three 17-year-old girls, all from London, have been charged with robbery and assault.

AM980/AM980.CA

South end

Fire destroys vacant home

A house fire at a vacant home kept crews busy Wednesday afternoon on Highbury Avenue, south of the 401.

The blaze broke out just before 3 p.m. at the home between Dingman Drive and Green Valley Road.

Highbury Avenue was closed to traffic for several hours.

Fire district Chief Mike Black says it was a tough blaze to fight because of the distance from the road to the home and also the lack of fire hydrants nearby.

No one was injured.

AM980/AM980.CA

Call to stay away from circus

Lisa Lanthier, 27, of London, right, urges people to change their minds about attending Wednesday's Shrine Circus at the Western Fair District's Agriplex (865 Florence St.). Lanthier was one of about 35 animal activists protesting what they call the abusive methods used to train circus animals. The protest was organized by Vegan Activists of London and Friends of Captive Animals. ANGELA MULLINS/METRO

1 NEWS

On the web

Robot rocks paper-scissors game

Researchers at the University of Tokyo are billing it as a showpiece for what they describe as human-machine co-operation systems: A robot arm that will mercilessly thrash you in a game of "janken," or rock-paper-scissors. Go to metronews.ca to read the full story.

CEO rant fossil-fueled

Rex Tillerson, CEO of ExxonMobil, said that society will be able to adapt to the warming of the planet caused by the burning of fossil fuels, and he blamed an "illiterate" public and "lazy" press for the spread of "misconceptions." Go online to metronews.ca to read the full story.

Mobile news

A softer side to all the rucking and mauling: Members of Canada's national women's rugby team have bared all in a calendar aimed at promoting positive body images and raising a little cash ahead of Summer Olympics in 2016. Scan the code to read the full story.

London and area hit hard by nationwide Via Rail cuts

Poor performance. Southwestern Ontario has lowest demand, and routes will be affected

JOHN MATISZ
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About 200 unionized jobs at Via Rail will be terminated over the next few months, officials announced Wednesday morning, cutting about nine per cent of the company's employees. But these cuts are also projected to affect thousands more across Canada — commuting businesspeople, in particular.

In Southwestern Ontario — labelled by Via as an area with low customer demand and poor-performing services — multiple travel routes will vanish or lose components. Five outbound London routes will be revamped.

Karen Schulman Dupuis, a communications professional who works in the Greater Toronto Area but lives in Stratford, is so upset with the Via cutbacks that she has decided to organize a Facebook group named "Save Via Train 86."

Its purpose is to bring awareness to an "unjust" decision, she says.

"I will not support Via at all if they take away the 86 train," said Schulman Dupuis, a 42-year-old mother of three who has been commuting from her hometown to Toronto five days a week for eight years now.

The train route she rides for three hours a day will soon be reduced to a Friday-only run, forcing her to drive three hours to work each weekday morning and back again in the evening.

Via Rail in London

Service changes effective July 29:

- Train 70 — London-Windsor will originate in London on Saturdays and Sundays.
- Train 75 — London-Windsor runs on Fridays and Saturdays have been terminated.
- Train 86 — London-Toronto will only run Fridays.
- Train 85 and Train 88 — London-Sarnia, segments have been cancelled.

The London Via Rail station (205 York St.) will fall victim to job cuts later this year. The company said the Southwestern Ontario region is one of its poorest performers. JOHN MATISZ/METRO

Via Rail corporate offices did not return numerous phone calls made by Metro on Wednesday. In a news release, though, Via Rail president and CEO Marc Laliberte explained the rationale behind reshuffling the deck.

He calls the job losses a part of an "ongoing modernization," which also includes a "lean" management focus. The cuts are driven by "weak off-season demands," he adds.

The release states Via is not designed to cater to traditional commuters. Rather, its operating and cost structure is focused on providing intercity service more than anything. The reduction of certain routes, such as Train 86, for instance, was passed so Via "can focus on its core mandate."

Knights cap off busy day with pair of trades

Adam Restoule CONTRIBUTED

The Canadian Hockey League's annual import draft represents the transition to a new season for most major junior teams.

Many teams stay put following the draft, while others, like powerhouse franchise the London Knights, just can't sit still.

After selecting a pair of Russians in Wednesday's import draft — defenceman Nikita Zadorov ninth overall and forward Nikolai Prokhorkin at 58th — London yanked hulking power forward Michael McCarron from the Belleville Bulls and picked up 1993-born winger Adam Restoule from the Sudbury Wolves.

"Anytime you have a player that's six-foot-five, 220 pounds that can skate and has skill, there's a heckuva lot of upside there," assistant general manager and coach Misha Donskov said of McCarron, 17, who put up 17 points and 112 penalty minutes for the U.S. national development program in 35 games last year.

On the surface, it appears the Knights addressed two key needs Wednesday. They snagged replacements for captain Jarred Tinordi (Zadorov) and playoff MVP Austin Watson (McCarron), who may both leave gaping holes in London's lineup if they head to the American Hockey League in the fall.

However, are the newcomers 100 per cent committed to playing in the OHL during the 2012-13 season?

"In a perfect world, that would be the case," Donskov said of Zadorov in particular, adding management is "confident" both he and McCarron will report to training camp in Canada.

JOHN MATISZ/METRO

London gets:

- Adam Restoule (F, 19) from Sudbury Wolves for 12th-round pick in 2015 OHL draft.
- Michael McCarron (F, 17) from Belleville Bulls for 5th-rounder in 2015.*

*** If McCarron reports to Knights camp, Bulls receive three more picks (2nd in 2015, 2nd in 2017, 2nd in 2018)**

Creative Awards

Nothing missing with this Link

London's Link Advertising Inc. has won three Summit Creative Awards in association with clients VON Middlesex Elgin, Boehringer Ingelheim Vetmedica Division and Langs Bus Lines Ltd.

The awards recognize small- and medium-sized companies. METRO

Baseball

Double the action at Labatt Park

There will be a doubleheader at Labatt Park on Canada Day. The London Rippers will face the Washington Wild Things in Frontier League action at noon. Then at 6 p.m., the London Majors host the Ottawa Fat Cats in an Intercounty Baseball League tilt at 6 p.m. METRO

Finance

New website wins two awards

Libro Financial Group and its marketing partner, Tenzing Communications, were honoured for the redesign of the libro.ca website. They were given awards by Canada's Marketing Association for Credit Unions and the International Association of Business Communicators. METRO

Cop cars damaged

Stolen car nets charges

Police have charged a London man after damage to three police cruisers.

In an attempt to apprehend a suspect in a stolen vehicle, three police vehicles suffered about $23,000 worth of damages. Robert Mingo, 34, has been charged. METRO

Performance

Greek choir at the Aeolian

The Aeolian Performing Arts Centre hosts to the S.S Cyril & Methodios Youth Choir from Thessaloniki, Greece, on Saturday.

The choir will be performing a 70-minute program. Admission to the concert is by donation. METRO

Fraud

Lengthy probe results in charges

A London man is facing charges after a lengthy investigation and more than $800,000 in losses.

Last June, police received a complaint of an estate fraud. Three additional estate-fraud complaints were also made. John Harding, 73, is facing a number of charges. METRO

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Leapin' lizards! Getting dragons to the stage is no easy task

Pomp and puppetry. DreamWorks' How to Train Your Dragon Live Spectacular has been two years in the making

MILA PETKOVIC
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Twenty-three flying, fire-shooting, smoke-breathing dragons will take to the John Labatt Centre on July 5 for the Canadian premiere of DreamWorks' How to Train Your Dragon Live Spectacular.

The production is based on the animated film How to Train Your Dragon.

"I think children will want to see it because of the characters, but the technology is so new to the live entertainment field that this is a chance to see visuals you wouldn't see in other live arena shows," said Lynda Lavin, a director of the show.

The production features mechanical dragons with wingspans of up to 14 metres and weighing up to 2.3 tonnes.

"The way they move, blink their eyes, the noises they make — the puppetry behind it is absolutely brilliant," said Lavin.

The backdrop and scene changes are marked by 3-D wall-to-floor projections.

The actors in the show ride and battle the dragons. They were hired from around the world for their specialized physical skills in gymnastics and martial arts. American stunt performer Gemma Nguyen, for example, who plays the role of Astrid, is a third-degree black belt and six-time world champion in taekwondo.

The production has been two years in the making, cost more than $30 million and includes a travelling crew of 91 people.

Production details

- Performances: Thursday, July 5 and Friday, July 6 at 7 p.m.; Saturday, July 7 at 11 a.m., 3 p.m. and 7 p.m.; and Sunday, July 8 at 1 p.m. and 5 p.m.
- Tickets start at $31.25 and can be purchased at johnlabattcentre.com.
- For more information visit dreamworksdragonslive.com.

The Deadly Nadder pursues vikings during the How To Train Your Dragon Live Spectacular.
JEFF BUSBY/FOR METRO

Fallout. Top executive at Dearness Home fired

The highest-ranking executive at London's Dearness Home has been dismissed, and an outside consulting service has been brought in to conduct an "operational review."

Cindy Howard's termination was confirmed Wednesday, weeks after the release of a highly critical report from Ontario's Health Ministry, which had been investigating the circumstances surrounding the death of an 81-year-old Dearness Home resident.

Acting city manager Tim Dobbie refused to say whether Howard, who earned $159,000 last year, received a severance package. Dobbie said those details were "confidential."

On Tuesday night, city council also voted to approve an agreement with peopleCare Inc., an outside consulting service, to conduct a review of the city-owned and -operated Dearness Home. Civic administration will report back by the end of the year.

Howard's termination and the agreement with peopleCare Inc. represent the latest fallout from the tragic death of Norman Stasyna in early March. AM980/AM980.CA

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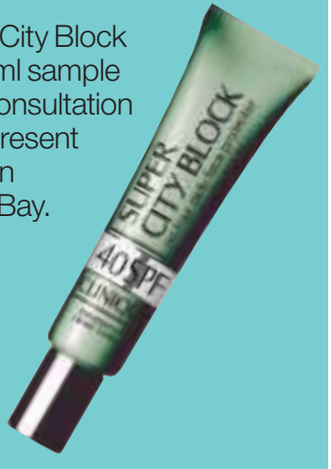

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Afghan torture. Military police cleared, Tories' stalling tactics assailed

Canadian military police officers have been cleared of wrongdoing by a commission that investigated explosive allegations of prisoner torture in Afghan jails.

The commission concluded the cops were kept in the dark.

The issue rocked Canadian politics starting in 2007 and threatened to topple Prime Minister Stephen Harper's minority government in late 2009 — a fate the Conservatives avoided by shutting down Parliament.

The Military Police Complaints Commission, in a long-awaited report, concluded the officers had no grounds to open an investigation into the treatment of suspected Taliban prisoners after they were handed over to local authorities in Kandahar.

The watchdog agency said the police were kept out of the loop by the Ottawa-based overseas command that ran the war.

It did not share critical information and warnings that might have prompted an investigation, the agency said.

Both Amnesty and civil-liberties activists began sounding warnings about conditions in Afghan prisons in late 2005 when Canada decided to transfer prisoners captured during the combat mission to local authorities, rather than the U.S.

The commission ripped into Stephen Harper's Conservative government for blocking access to witnesses and documents and presenting "an overall attitude of antipathy ... toward the commission and its task." THE CANADIAN PRESS

Opposition outrage

Opposition critics were quick to condemn the government for its handling of the issue.

- **NDP.** Foreign affairs critic Paul Dewar said the government stonewalled efforts to get to the bottom of the matter.
- **Liberals.** Defence critic John McKay said the government tried to protect itself. "Prime Minister Harper yet again chose to look after Prime Minister Harper."

Drama on parade. Soldier falls and stabs himself with his own bayonet

A 20-year-old member of the Governor General's Foot Guards fell during a ceremonial parade on Parliament Hill Wednesday, stabbing himself in the forearm with his gun-mounted bayonet.

Capt. John-Hugh MacDonald, a spokesperson for the ceremonial guard, said the accident happened as the soldiers were leaving Parliament Hill at the end of the Changing of the Guards ceremony at about 10:30 a.m.

"He went onto a steel manhole cover while he was turning and that caused him to lose his footing," MacDonald said.

"He slipped and fell and was pierced by his bayonet in the left arm."

Paramedics described his injury as a "severe stab wound" and said it led to "severe blood loss."

MacDonald added: "The soldier is still in the hospital but he's in good spirits." METRO IN OTTAWA

Liberal race

Deborah Coyne's idea? A run for the leadership

Liberals heading into a leadership contest could face a choice between Pierre Trudeau's eldest son and the mother of his only daughter.

Justin Trudeau is considering whether to run. And now Toronto lawyer Deborah Coyne, 57, is taking the plunge with an "idea-based campaign." THE CANADIAN PRESS

Federal crackdown

Health experts to watch effects of refugee cuts

Health-care providers across the country will monitor what they say will be the adverse effects of federal cuts to health-care benefits for refugees.

The Canadian Doctors for Refugee Care says the cuts could have deadly consequences as refugees arrive with problems often related to conditions abroad. THE CANADIAN PRESS

Rescue workers show their respect by removing their hard hats as a body is carried out of the Elliot Lake, Ont., wreckage. NATHAN DENETTE/THE CANADIAN PRESS

Out of the rubble, the final sadness

Elliot Lake tragedy. Rescue crews bow their heads in sorrow as two bodies are removed from collapsed mall debris

Premier grieves, too

"We live in a big province, but it feels a lot smaller at a time like this as Ontarians come together to support the people of Elliot Lake. Together, we will lift them up as they recover from this tragedy."

Premier Dalton McGuinty

Search-and-rescue workers removed their hats and bowed their heads in sorrow Wednesday as two bodies were removed from the wreckage of a partially collapsed shopping mall in Elliot Lake, Ont.

Crews who had spent the past two days sifting through the rubble of the Algo Centre Mall used sophisticated equipment to try to clear a path to anyone who may have survived when a roof came crashing down through the two-storey building.

In the end, however, the rescue mission became a recovery operation.

Officials said crew members had only to search one 12-metre-long pile of rubble before wrapping up the operation Wednesday.

The bodies were removed after a specialized robotic arm worked through the night to clear a path through the debris that accumulated when a section of the roof crashed through the two-storey building on Saturday.

The operation required crews to orchestrate the collapse of a precariously balanced escalator and remove slabs of concrete.

The removal of the bodies marked a tragic culmination of a risky rescue operation that many said came too late.

Elliot Lake Mayor Rick Hamilton called it "a deep, deep tragedy" — one that affects not just the victims and their families but the entire community.

"It's with heavy hearts and the deepest condolences on behalf of every citizen in Elliot Lake that we offer our condolences to the families," he said. THE CANADIAN PRESS

Cuts put rescue teams at risk, feds told

The Harper government was warned cutting federal funding would likely cripple rescue teams like the one working at a caved-in mall in Elliot Lake, Ont.

Public Safety Canada evaluated the Heavy Urban Search and Rescue units five years ago and found that without funding from Ottawa, there was a risk some or all of the teams would not survive.

"There is a need for the federal government to continue contributions to build capacity and capability for teams focused on Heavy Urban Search and Rescue,'' the report found.

A Heavy Urban Search and Rescue unit from Toronto has been leading operations in Elliot Lake, where a mall roof collapsed Saturday afternoon. Two bodies have been found.

The September 2007 Public Safety report lauded the teams as a "national resource." The units are based in Vancouver, Calgary, Toronto, Halifax and Manitoba.

The lion's share of funding for Canada's five Heavy Urban Search and Rescue units comes from the federal Joint Emergency Preparedness Program. But the Conservatives quietly axed the program in the March budget.

A Public Safety official told the Ontario Association of Fire Chiefs in April that federal funding for the Joint Emergency Preparedness Program will end next year. THE CANADIAN PRESS

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Queen Elizabeth II shakes hands with Northern Ireland Deputy First Minister and former IRA commander Martin McGuinness, as First Minister Peter Robinson looks on, at the Lyric Theatre in Belfast, Northern Ireland, Wednesday.
PAUL FAITH/THE ASSOCIATED PRESS

Queen, IRA icon's grip-and-grin symbolizes truce

Irish republicanism. Queen kept smiling as she shared a stage with a man linked to the killing of her cousin Lord Louis Mountbatten

Queen Elizabeth II and a former Irish Republican Army commander offered each other the hand of peace Wednesday in a long-awaited encounter symbolizing Northern Ireland's progress in achieving reconciliation after decades of violence.

The monarch and Martin McGuinness met privately inside Belfast's riverside Lyric Theatre during a cross-community arts event featuring Northern Ireland musicians, poets and artists.

Let it reign?

"If I may give voice to the oft-declared desire of the people of Northern Ireland, on whose loyalty and support you can always depend: Long may you reign over us."

Peter Robinson, the Protestant head of Northern Ireland's power-sharing government.
Martin McGuinness did not attend this part of the royal ceremonies.

Media were barred from seeing their first handshake during an ice-breaker over coffee and tea. But the two shook hands again a half-hour later for the cameras' benefit, documenting a moment that would have been inconceivable back in the days when IRA leaders were plotting to kill the British Royal Family. McGuinness' Irish nationalist Sinn Fein party had never attended a royal function before.

Underlying the sensitivity of the occasion, no live footage or sound was permitted to be broadcast. Outside, flak-jacketed police shut down all roads surrounding the theatre and told residents to stay inside their homes.

Both smiled broadly as McGuinness took the Queen's white-gloved hand and spoke to her for about five seconds. Afterward McGuinness said he had told her in Gaelic — a language neither of them speaks — "SlDan agus beannacht" and told her this meant "goodbye and godspeed." The latter word actually means "blessing." **THE ASSOCIATED PRESS**

Compromise

It's been a long time coming

The event marked the latest, perhaps ultimate, moment in Northern Ireland peacemaking that has delivered a series of once-unthinkable moments of compromise.

Irish republicans long had rebuffed invitations to attend British royal events that occur regularly in Northern Ireland. But analysts said McGuinness' U-turn became inevitable once the Queen made her first state visit to the Republic of Ireland in May 2011, where she won public acclaim and made generous gestures, including honouring Irish rebels who died fighting for independence from Britain. Sinn Fein's leaders suffered sharp criticism for boycotting her visit.

Diplomatic pressure built on Sinn Fein after McGuinness, who ran unsuccessfully last year to be the Republic of Ireland's president, said on the campaign trail that he would meet the Queen if elected. **THE ASSOCIATED PRESS**

Tories issue more layoff notifications

Public service. Feds inform more than 5,000 employees in various departments they could lose their jobs as the government slashes spending

A fourth wave of job-loss notifications washed over the federal public service Wednesday as the Conservatives appeared to be trying to shore up support for the cuts.

Union leaders reported that just over 5,000 employees in more than 13 departments were told they could lose their jobs as the government seeks to slash spending.

The job-loss notices were juxtaposed with a series of Conservative government press releases highlighting both spending and saving initiatives.

Unions have long accused the government of being too secretive about the cuts and their concerns were bolstered last week by another battle in the continuing war between the parliamentary budget officer and the Tories.

Kevin Page published a legal opinion stating that 64 federal departments and agencies are breaking the law by withholding basic information on the 2012 budget from him, prompting the government to accuse him of overstepping his mandate.

As the standoff between those two sides continues, unions continued to press for transparency.

"This government is misleading Canadians when it says these cuts won't impact services we all rely on," said Robyn Benson, president of the Public Service Alliance of Canada, in a statement. "We need Stephen Harper and his ministers to stop hiding behind spin and start talking to all Canadians about the services we are losing." THE CANADIAN PRESS

Google challenges Amazon

Product management director Hugo Barra, at the Google I/O conference in San Francisco on Wednesday, unveils Google's challenge to Amazon's Kindle Fire — the new Google Nexus7 that will sell for $199 US. Google also made prototypes of its futuristic, Internet-connected glasses available for people to test out. Project Glass will only be sold for $1,500 to people attending its annual conference for computer programmers. PAUL SAKUMA/THE ASSOCIATED PRESS

TD Bank. New borrowing rules projected to slow growth

Canada's economy will underperform even moderate expectations in the next two years, TD Bank economists predicted Wednesday, adding that recent tightening of mortgage and credit rules is contributing to the slowdown.

In a new forecast, the TD Bank now expects growth in Canada this year to average 2.1 per cent, shaving a tenth of a point from its March outlook. And it expects two per cent growth in 2013, down four-tenths of a point from the earlier forecast.

TD is the latest of a list of forecasting groups to officially or unofficially downgrade their outlook for the economy, with some — particularly Capital Economics — coming in even weaker.

The Bank of Canada is expected to follow suit at its next policy announcement in mid-July and write down a call for 2.4 per cent growth in both 2012 and 2013.

TD Bank chief economist Craig Alexander said conditions have deteriorated through much of the world in the past few months.

Europe's problems with government debts in countries that use the euro currency have resurfaced, while China and the U.S. are both underperforming expectations. THE CANADIAN PRESS

Unemployment rate

7.1%

TD says Canada's national unemployment rate should decline slightly to 7.1 per cent in 2013 from the current rate of 7.3 per cent.

Market Minute

DOLLAR 97.51¢ (-0.15¢)

TSX 11,410.94 (+76.52)

OIL $80.21 US (+85¢)

GOLD $1,578.40 US (-$13.50)

Natural gas: $2.774 US (+7¢)
Dow Jones: 12,627.01 (+92.34)

LONDON TRANSIT NEWS

Monday, July 2, 2012

Buses will operate on a Sunday schedule on Monday July 2, 2012 in observance of Canada Day.

London Transit's main office will be closed on Monday, July 2, 2012. Customer service staff will be available from 8 am - noon and 1 pm - 4:30 pm.

Downtown Ticket Office will operate regular hours on Monday, July 2.

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MYTH BUSTERS: NEWSROOM EDITION

HE SAYS...
John Mazerolle
metronews.ca/hesays

It's unanimous: Journalists love Aaron Sorkin's The Newsroom.

That's not to say they enjoy the new TV show. The critical consensus according to Metacritic is "generally causing critics to throw up in their mouths a little."

But journalists love the chance it gives us to gaze at our navels. In this case, we media types love to tut-tut when something happens on a fictional news show that wouldn't happen in real life.

Sure, we can watch an Indiana Jones movie and never think, "An archeologist probably wouldn't use a 5,000-year-old religious artifact as a snowboard, even if he was being chased by a Panzer tank."

But if we're watching a television show about news, suddenly we demand TV be a perfect reflection of reality. "He's having a beer at lunch!" We crow, "He'll be sleepy all afternoon! And he's figuring out the tip without his phone! So he can do math?! While you're at it, why don't you give him X-ray vision?"

We're a bit defensive, because we're misunderstood. About 10 per cent of the population thinks we're noble crusaders against tyranny and injustice, an expectation that only a scant few live up to. And about 90 per cent of the population thinks we're pond scum.

With that in mind, here are some myths and realities about journalists I keep stored in my navel. Let's clear a few things up.

MYTH: Given The Newsroom is a Sorkin production, you can bet the characters will constantly be walking and talking. They'll barge into offices, they'll talk as they barrel down hallways. It's an important world, and they are on the move.

REALITY: Most journalists spend so much time in their chairs that their posture is roughly equivalent to Gollum from The Lord of the Rings. (Exception: People on their way to a smoke break.)

MYTH: We're all lefty pinkos.

REALITY: We're mostly lefty pinkos.

MYTH: Retweets are not endorsements.

REALITY: Yeah, sure.

MYTH: We are evil and smart. Just read the comments underneath online stories. (WARNING: By comment No. 10, this will officially drop your IQ to "avocado.") Comments teach us that reporters are liberal/conservative minions of the NDP/Conservatives who slant every story to bolster high taxes/the oilsands.

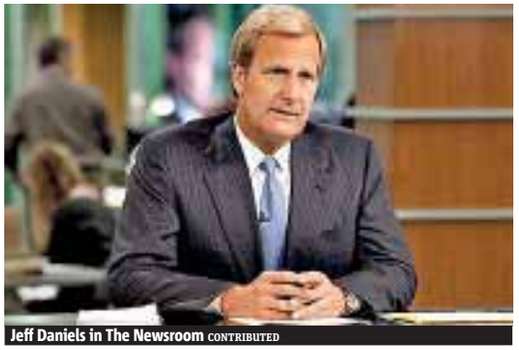
REALITY: We are well-meaning and not that bright. Most journalists want to make the world a better place, but don't have the first clue how to do that. So instead we write pieces that, for instance, illustrate that people at the gas station don't like high gas prices. (Also, most journalists have stopped reading the comments, so feel free to stop writing them.)

MYTH: We are well-paid.

REALITY: Three words: Ha ha ha.

To sum up, we reporters are unhealthy, disillusioned, sarcastic and do not value your opinion. I hope that clears up any negative preconceptions you may have had.

And if you disagree with anything I said here, please, send me a comment.



Jeff Daniels in The Newsroom CONTRIBUTED

Making footprints beak-ause

CAMERON SPENCER/GETTY IMAGES PHOTOS

Elephant conservation

Penguin stomps his feet for a cause

A Fiordland penguin named Mr. Munro leaves his paint prints on a canvas at Taronga Zoo Wednesday in Sydney, Australia. Taronga and Western Plains Zoo pledged a new elephant-conservation project in Thailand and animals at Taronga made their pledge by dipping their feet and hands in paint and smudging them on canvas. GETTY

Printed with paint

- The animals included an elephant, a Quokka (a small marsupial), a seal and a penguin.
- 4,000 animals at the zoo have dipped their paws in paint to promote awareness of animal conservation.
- In order to protect elephants from humans, two guard stations and a chain of outposts on the park grounds will be built at the Thailand site.

Tuka the Komodo dragon leaves his paw mark.

For a price

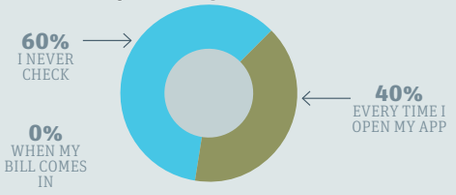
$100,000

Taronga, in a joint effort with Zoos Victoria, is helping fund the $100,000 project.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

When do you find out how much data you have used on your cellphone?



Twitter

@FireRob01:
The hippies are only protesting the circus in #ldnont because they are jealous the animals have jobs

@karolijn:
Asked for advice re: moving to #ldnont. As constructive as I tried to be, all I had was "don't". What advice would you give someone new?

@gamesdaypodcast:
what drink(s) do you reach for when you head into long gaming sessions?

@StJohn_N:
Today I am thankful for all the really cool, talented, caring, intelligent and creative people who cross my path each day! #coolpeople

@AArnott22:
Hypothetically speaking, if I wanted to play say 50 decibel music at Victoria Park, do I need a permit? #ldnont

metro
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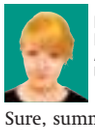
The Homemade Jam Festival features performances by more than 10 bands at a beautiful outdoor venue. HANDOUT

No cottage? No problem

Take your pick.
Londoners looking to have some fun over the Canada day weekend have no shortage of options to choose from



BACKSTAGE PASS
Amanda Grant
london@metronews.ca

Sure, summer officially started last week, but for many it's this weekend that kicks off the season of outdoor festivals, cottage commutes and water fights.

It is this weekend that we celebrate our heritage, take an extra day off work and indulge in some live music and fireworks.

This year's Canada Day long weekend will be no exception for Londoners looking to have fun.

On the road

On Saturday those interested in a road trip can load up their cars (or board a shuttle bus) and head to Forest.

About an hour outside of London, the fourth annual Homemade Jam Festival will draw a crowd. This year's lineup is packed, a mix of local and touring bands topping the bill.

Jenn Grant, Danny Michel and Great Bloomers will perform at the festival, along with familiar acts Graham Nicholas and Lonnie in the Garden.

The Homemade Jam festival is all about community and vendors will be selling local food, drink and craft brews in the idyllic Esli Dodge Conservation Park.

Tickets are $30 at Grooves, $45 if you plan to take the shuttle leaving London at 12:30 p.m.

Oh! Canada

You're going to have to put on your dancing shoes to attend the Canada Day party at the London Music Hall's Skyview Patio.

DJs will be spinning dubstep, house and dance tracks on the rooftop patio while Artfusion creates a live art installation.

There will also be a barbecue starting at 5.30 p.m., followed by a fireworks show at nightfall.

Tickets are $5 in advance at Grooves, the Artfusion gallery and Jammins Clothier.

Early birds

APK Live is celebrating Canada two days early.

Friday night the venue is featuring an all-Canadian, local-heavy lineup, music trivia on the patio and a variety of patriotic beverages. (What's in a Don Cherry anyway?)

The evening starts at 6 p.m., with the first band, Fireball Grant, taking the stage at 7.45 p.m.

The show is free if you get there before 8 p.m. — the ultimate bargain for an eight-band bill including Toronto's Hands and Teeth and Ottawa's Loon Choir.

Afternoon stroll

Before catching the bus to the Homemade Jam festival on Saturday, swing by Museum London for an art walk.

Participants meet on the gallery's lawn at 10.30 a.m. for guided tour of sculpture and installation pieces around the downtown core.

Learn some local history and see some of the city's public art. Tours are free and last until noon.

2
SCENE

Scene in brief

Jack White to practise Voodoo

Touring in support of his critically acclaimed debut solo album Blunderbuss, Jack White has been added to the lineup for the 2012 Voodoo Music and Arts Experience. White joins other headliners for the event, set for Oct. 26 to 28, including Grammy-Award-winning trio Green Day and Neil Young & Crazy Horse. Other talent previously announced include The Avett Brothers, electronic dance music star Skrillex, Justice, Tomahawk, Say Anything, funk bassist Bootsy Collins, blues-rock guitarist Gary Clark Jr. and the Preservation Hall Jazz Band.
THE ASSOCIATED PRESS

On the web

Mandy Moore helps Dove promote importance of 'real-women' role models

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All dates, acts and ticket prices subject to change without notice. Ticket prices subject to applicable fees.

FM96

WWW.ILOVEMETRIC.COM

Charlie Sheen: Life imitates 'art'

Bad boy roles. Star's new comedy Anger Management prompts us to ask the question: just how many of Sheen's roles are based on his real life?

AMBER RAY
Metro World News in New York

In the new FX comedy Anger Management, Charlie Sheen steps into his first leading role post Two and a Half Men meltdown. He plays a former major league ballplayer whose career was cut short due to his anger issues, leading to his new gig as a therapist specializing in anger management. Sound familiar?

But it's hardly the first role Sheen has taken that mines some of his personal exploits for inspiration. We run down his resume for autobiographical cues.

Ferris Bueller's Day Off

Boy in Police Station: Sheen plays a lout blitzed out of his mind who still manages to woo Ferris' sister while she's being questioned in the police station. The details are unconfirmed, but this may very well be how Sheen met his "goddesses."

Platoon

Chris: Sheen's young recruit struggles with the grey area between what is morally right and wrong — perhaps the only time the hard-partying actor has actually contemplated such things.

Wall Street

Bud Fox: A stockbroker determined to make a name for himself. See: Sheen's My Violent Torpedo of Truth/Defeat is Not An Option tour.

Major League

Ricky "Wild Man" Vaughn: Sheen played baseball in high school; here he stars as a wild, wildly inaccurate pitcher who becomes an ace after the team's manager realizes he needs eyeglasses.

Hot Shots

Lt. Topper Harley: In this Top Gun spoof, Sheen plays a pilot who is described as "talented but unstable." And how accurate.

Spin City

Charlie Crawford: Sheen replaced series star Michael J. Fox as the New York City Deputy Mayor, a slick sarcastic professional who later essentially regressed …

Two and a half Men

Charlie Harper: … into Charlie Harper, the womanizer who became less and less distinguishable between sitcom character and tabloid staple actor.

Anger Management

Charlie Goodson: Charlie Goodson is a reformed bad boy. As for a rehabilitated Charlie Sheen? That remains to be seen.

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ScarJo could get paid for leaked nude pics

Scarlett Johansson could be compensated more than $66,000 for having nude photos leaked in 2011, according to the Los Angeles Times.

Federal prosecutors suggest in a sentencing memo that Christopher Cheney, who pleaded guilty to nine counts of hacking, compensate some of his high-profile targets, including Johansson.

They also suggest $7,500 for Christina Aguilera and $76,767.35 for Secret Life of the American Teenager star Renee Olstead.

In addition, prosecutors are suggesting a 71-month prison sentence for Cheney.

Imagine a Drake-Chris Brown boxing match

Since their alleged feud erupted in a nightclub brawl last week, Drake and Chris Brown have become very public rivals. And now some folks would like to see them duke it out in the ring.

Billionaire Alki David is offering the R&B stars $1 million each — plus an additional million for charity — to strap on gloves for a pay-per-view boxing match, according to the New York Daily News. Boxing promoter Damon Feldman, who's handling the proposed event, thinks it's a brilliant idea, naturally.

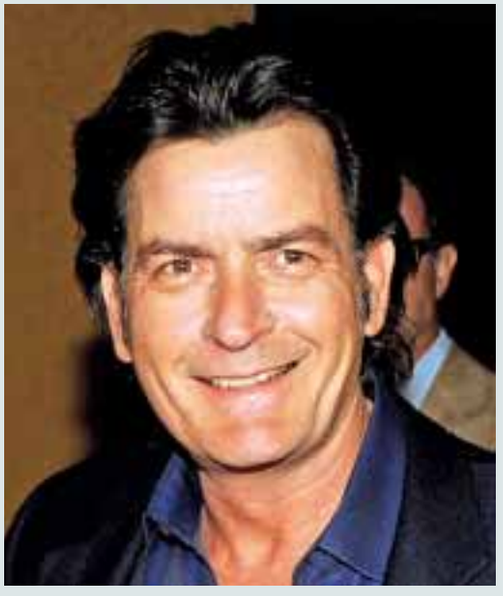
"Obviously they have a grudge. It's just three 1-minute rounds. No one will get seriously hurt," he tells the newspaper.

"I would love to have Rihanna as the ring girl."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Charlie Sheen, you win this time

MONICA WEYMOUTH
scene@metronews.ca

Reports that Charlie Sheen expertly and enthusiastically dismantled another Ritz-Carlton hotel room don't seem to be holding up. While Usmagazine.com claims the actor trashed his suite during a weekend-long party while in New York with ex-wife Denise Richards — which he actually famously did in 2011 before landing in the hospital — his reps and hotel employees are denying he was anything but a well-behaved guest.

TMZ obtained a copy of the bill — why yes, we did feel creepy reading it — and Sheen's version might hold up: Your mom could do more damage to the minibar, and we're pretty sure dry-cleaning isn't a concern when there are coke-dusted porn stars to attend to.

John Travolta. ALL PHOTOS GETTY IMAGES

Travolta surfaces, engages in red-carpet PDA with wife

John Travolta made his first public appearance since being hit with a cavalcade of sexual misconduct lawsuits from various service industry men, and it appears he decided actions would speak louder than words.

Travolta hit the red carpet for the premiere of his latest film, Oliver Stone's Savages, and instead of stopping to give any interviews, he and wife Kelly Preston put on an impressive show of public displays of affection, groping and kissing each other all the way down the carpet, according to Hollyscoop.

The couple literally could not — or at least would not — keep their hands off each other.

The appearance came just hours after a male cruise ship employee filed a federal suit against Travolta claiming sexual misconduct.

Did Depp cheat on Paradis?

Johnny Depp recently bought Amber Heard a horse, but he may have been spending some extracurricular time with his former Rum Diary co-star before splitting with longtime partner Vanessa Paradis.

"He's smitten by her. They started sleeping together during the press tour," a source tells Us Weekly.

As for Paradis, she wasn't amused — another source heard her scream, "If I see her, I'll drown her!"

Noted, Vanessa. And with that, we are officially done talking about your split.

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Summer hair SOS

Looking good. Summer has officially arrived, but too much heat, salt and chlorine can really mess with your hair. Now is the perfect time to give your locks some serious TLC. We explain how.

ROMINA MCGUINNESS
Metro World News in London

This year's schizophrenic weather conditions — scorching heat one day, muggy and wet the next — have probably frazzled and weakened your hair.

Celebrity hair stylist Tommy Buckett, from New York, who has tamed the manes of Ashley Olsen and Emma Stone, talks us through a super simple summer hair-care routine.

Cover up

You've been so focused on getting your body beach ready that you've neglected your hair.

Too much chlorine, sea salt and exposure to the sunlight will cause your hair to look dull and damaged, explains Buckett.

"It's not just your skin that needs protecting. All these things can strip your colour and dry out your hair. So if you want to enjoy the sunshine, you'll have to protect your hair. Wear a hat or a scarf to cover your locks or use a UV protectant spray," says Buckett.

Damage control

No matter how many times you pin or scrape wet hair back it ends up getting stuck to your clammy forehead.

There's no escaping the heat and humidity.

It's easier to damage wet so avoid pulling it up until it's dry.

"Your hair is like a rubber band. It can only be pulled so much before it loses its elasticity and snaps. Over time, pulling it back too tight will cause it to snap where the elastic band is placed.

Loosely tie your hair up or use little tortoise-shell clips if you want to avoid breaking it," adds Buckett.

The perfect beach wave

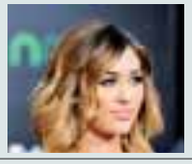
Some people (rather annoyingly) are born with natural loose waves. Brazilian model Gisele Bündchen is the poster girl for sexy beach hair. For those that aren't, there's a quick-fix solution. "The perfect beach wave can be achieved by spraying sea salt spray and using a diffuser.

While drying your hair (it's fine to blow-dry your hair just as long as you make sure you're using a heat protector) twist it in big chunks to create a perfect wave," recommends the hairstylist. And if at the end of the day you want to wash out all the products, sand and waves that's fine. Just remember to always use a conditioner. "Summer hair gets dirtier quicker," he says.

Top 3 fuss-free summer 'dos

Beachy. Blake Lively's long, loose layers are the ultimate beach look.

Pixie. A cropped haircut like Carey Mulligan's is low maintenance and will wipe years off your face.



Bob. Layered hair cut just above the neck, like Miley Cyrus, is non-committal and easy curl.

We fixed your hair, but the earrings are up to you GETTY IMAGES

Tommy Buckett's summer-hair essentials

Sachajuan Ocean Mist leave-in formula
$28
sachajuan.com

John Frieda Full Repair: Protecting Root Lift Foam
$6.49
johnfrieda.com

Kérastase Elixir Ultime
$54
kerastase.com

Oribe Dry Texturizing Spray
$39
oribe.com

Pantene Pro-V Root Lifter Spray Hair Gel
$13
pantene.com

3 LIFE

Fashion Flash

Welcome to the Jersey store: Jacob launches new collection

Jacob has fans of jersey in mind as it readies to roll out its new casual chic collection. The Montreal-based retailer will debut Jersey by Jacob next month. The collection includes a selection of camisoles, T-shirts, cardigans, sweaters, leggings, pants, dresses, jackets and scarves in a palette of grey, black and white with touches of pink. In addition to the use of jersey, which is in the moniker for the new line, the collection will also be crafted with a variety of other fabrics such as knitwear, ponte and fleece. Apparel and accessories in the collection will range from $19 to $79. It will be available at the retailer's 85 stores across Canada and online at jacob.ca.

THE CANADIAN PRESS

On the Web

Milan menswear designers dispel gloom over euro-land with a bright summer 2013

Easy bathroom upgrades

Decor ideas. It's a small space with infinite possibilities — why not give your loo a little love?

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Q: I can't do a full-on renovation of my 12-year-old condo bathroom right now, but I would like to give it a mini-makeover to add more comfort and style. What can I do? Deirdre Miller, London.

Embrace a new colour

Paint all the remaining wall and ceiling the same colour to add drama to the space.

- **Go dramatic.** A deep grey will blend the brushed metal, carbon tiles and other neutral accessories together and allow other punchy-coloured items to show up beautifully. Wall Street CSP-20, Benjamin Moore Paints. Cost: $50 to $100.

Kohler's Hydrorail Column, $441 and up KOHLER.CA

Single Brushed Steel Wall Hook, $17 CRATEANDBARREL.CA

Smart Tiles' Carbon Mosaik, $11, HOMEDEPOT.CA

A: With any short-term decoration project I always recommend going dramatic; this gives you the biggest bang for your buck and creates some drama to tie you over until you can do a full reno.

Here are some ideas and great products that are homeowner-friendly and provide big impact in your bathroom.

I suggest using most of your budget on neutral-coloured products and having fun with punchy towels or small accessories on a smaller budget. This gives you longevity, and it will stay in style until you are ready to make big changes.

Shower with ease: Turn a standard tub into a flexible shower spa with the Hydrorail by Kohler. Choose whichever showerhead works for your comfort and install it easily over your existing tile. It's a great way to turn your tub area into a personal retreat without renovating the entire tub and shower. It'll be dollars spent on just you and your comfort. Cost: $450 to $1,700.

Peel and stick: I love the fun peel-and-stick tiles offer for a kitchen backsplash or in a bathroom. Smart Tile's Carbon Mosaik sheets are made of a gel that make the tiles look 3D. Easy to cut and maintain, simple peel-and-stick tiles on an entire wall in the bath (outside of shower area) creates a trend-setting look and a high-end focal wall. Cost: $250 to $500.

Pebble Mat, $50, CB2 CB2.CA

Modern Accessories: With a modern towel rod, shower curtains and hooks will instantly improve and update the look of the bathroom. I like the brushed steel and square designs of Crate and Barrel's Brushed Steel Wall Hooks as they appear to be much more high-end than their price. Try adding two in the shower area for personal towels and one on the back of door for a luxe robe. Cost: $100 to $200.

Go tall: Mounting an outside shower curtain at ceiling height and hanging a long decorative drape hides the shower area, and adds a sense of height to the bathroom while making the room feel like a powder room for guests. Use a synthetic fabric for your drape, and of course use a separate shower curtain liner behind the drape to protect it. Cost: $100 to $300.

Spa Feelings: Little touches like candles, wastebaskets and rugs create that spa feeling when needed. Try to choose accessories that are both decorative and useful; that way guests won't feel like they've invaded your private spa space. I love the smooth pebble mat from CB2; it massages the feet and adds a cool touch when getting out of a warm shower. Cost: $100 to $400.

All hands on deck people!

The Canada Day long weekend is here, which means barbeques, sunshine, long chats and cool drinks — and where better to enjoy these activities than on a beautiful deck!

Landscape professionals Jake and Joel Moss set homeowners up with the yard of a lifetime on Yardcore, and you can bet their projects have featured many beautiful backyard decks.

First steps

Decks provide an extra space to lounge and dine alfresco. They can highlight the design of a yard and maximize outdoor space, and can also be installed where a patio cannot such as on slopes or a rocky terrain.

There are a variety of shapes and materials to choose from but before getting started it's best to consult your city's building codes for any requirements on railing and landing heights.

Selecting materials

There are many different decking materials to choose from and it's a good idea to evaluate the various options before getting started.

Pressure-treated wood is probably the most popular as there is a wide variety of colour and grain options. With this product you can refinish scratches and stains yourself, although it is prone to weathering and splitting.

An alternative is aluminum decking which can last for decades as it is strong, rust-proof and watertight and can also allow for waterproof storage underneath. This choice is pricey and the textured surfaces of aluminum can trap dirt.

A third option is composite decking. This material doesn't require a sealer and can be made into curved shapes which allows for a wide range of designs. It lasts longer than wood and is far more durable, but composites can fade and deep scratches and tough stains may require a board to be replaced.

Deck care

Scrub pressure-treated wood decks once a year using a deck wash and apply a protective sealer every two to three years. If you've selected a metal deck, be sure to sweep and hose regularly. For a deeper clean, use a solution of dishwashing liquid diluted in water and scrub the deck with a soft-bristle broom.

BACK-TO-BACK EPISODES OF YARDCORE AIR FRIDAYS BEGINNING AT 9 P.M. ET/PT ON DIY NETWORK CANADA

Put on some wellies and give your deck a good scrub. ISTOCK IMAGES

Grilled Shrimp Tacos go from food-truck staple to dinner-table fare

Whether you prefer your tacos hard and crunchy or lean more to the softer side, this grilled shrimp filling perfect for a summer barbecue will leave you satisfied.

Shrimp cook quickly, especially on the intense heat of the grill, so be sure to prep your other ingredients ahead of time and set out a buffet of toppings and tortillas. Then just toss the shrimp on the grill and in minutes you'll be enjoying summer just a little bit more.

Ingredients

- 1 lb extra-large shrimp
- Salt and ground black pepper
- 1 tbsp ground cumin
- 2 medium red onions, sliced
- 1/2 cup chopped celery
- 4 plum tomatoes, chopped
- 1 chipotle pepper in adobo sauce, minced
- 2 cloves garlic, minced
- 1 avocado, peeled, pitted and diced
- Juice of 1 lime
- 1/2 cup low-fat sour cream
- 1/4 cup chopped cilantro
- 8 taco shells or 6-inch tortillas

1. Heat the grill to high.

2. Place the shrimp in a large bowl. Season with salt, pepper and cumin, then toss to coat evenly.

3. Divide the shrimp among 6 skewers, threading them evenly without crowding them on the skewers. Do the same for the onions.

4. Using an oil-soaked paper towel held with tongs, lightly oil the grill grates. Grill the shrimp for 2 minutes per side and the onions for 5 minutes per side.

5. Chop the grilled red onions and place in a medium bowl. Stir in the celery, tomatoes, chipotle pepper and garlic. Season with salt and black pepper. Set aside.

6. In a small bowl, toss the avocado with the lime juice. In another small bowl, stir together the sour cream and cilantro.

7. To serve, set the shrimp, red onion salsa, avocado and sour cream on the table with the taco shells or tortillas. Diners can assemble their own tacos.

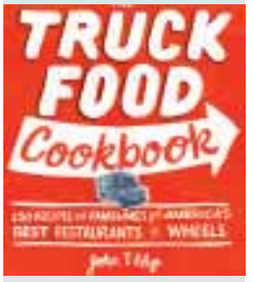
THE ASSOCIATED PRESS

Grilled Shrimp Tacos

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Book of the week

Street eats love



The best street food is bold, delicious, surprising, over-the-top and eatable on the run. And the best part is now you can make it at home.

Researched by John T. Edge, The Truck Food Cookbook delivers 150 recipes from America's best restaurants on wheels from L.A. and New York to Portland, Austin and more. Hundreds of full-colour photographs capture the lively street food scene and its hip and funky aesthetic.

The resulting menu includes eats such as: Crawfish Pies, Calexico Carne Asada Tacos, Falafel and Egg Hoagies, Cheesesteak Sandwiches, Sweet Potato Cupcakes, Kalbi Beef Sliders and more. METRO

Conquer the massive Rocky Mountain Roast Beef Sandwich

This sandwich combines bold flavours for an intense taste. NEWS CANADA

1. Mayo: Combine mayo, garlic, tomato, avocado, horseradish, mustard and pepper. Mix in food processor; set aside.

2. Caramelize onion in 1 tsp (5 ml) butter and set aside. Separately, slice mushrooms into 12 slices and fry in remaining 1 tsp (5 ml) of butter until golden.

3. Roast red bell pepper rings in 180 C (350 F) oven on baking sheet 15 minutes, turning once. Set aside.

4. Lightly pan fry pancetta and set aside. Separately, lightly pan fry roast beef in spicy BBQ sauce until warm and juicy.

5. Slice half loaf of garlic bread down centre to form base and top of sandwich. Place on a baking sheet and bake in 200 C (400 F) oven 7 minutes, or until golden brown. After removing bread from oven, leave bottom piece of the bread on the baking sheet; set top piece aside.

6. Build sandwich, layering ingredients in order from bottom: 2 slices jalapeno havarti, roast beef, roasted garlic avocado mayo, caramelized onions, golden mushrooms, pancetta, roasted red bell peppers, and 2 more slices of jalapeno havarti. Place in oven on broil 3 minutes, until cheese is melted.

7. Remove base of sandwich from the oven and continue layering ingredients in order: sliced pickles, banana peppers, red onions, shredded lettuce and chives.

8. Place top of bread on finished sandwich and spike with long toothpicks or skewers. Cut in half, take a bite and be prepared for sandwich heaven!

NEWS CANADA/ DITALIANO.CA

Ingredients

Roasted Garlic Avocado Mayo:

- 4 tbsp (60 ml) light mayo
- 5 cloves garlic, roasted
- 1/2 Roma tomato
- 1/2 avocado
- 5 ml (1 tsp) horseradish
- 5 ml (1 tsp) Dijon mustard
- Ground pepper, to taste

- 1/4 Vidalia onion, sliced
- 10 ml (2 tsp) butter
- 5 large button mushrooms
- 3 red bell pepper rings
- 6 slices pancetta bacon
- 10 to 14 oz (300 to 400 g) shaved deli roast beef
- Spicy barbecue sauce
- 1/2 loaf of D'Italiano Garlic Bread
- 4 large slices jalapeno havarti cheese
- Garlic dill pickles, sliced
- Banana peppers
- 4 red onion rings
- Lettuce, shredded
- Chives, dice

Asian Pies. Hand-held, stuffed with chicken and ideal for a picnic lunch

1. Heat oven to 200 C (400 F).

2. Remove pie shells from freezer. Let thaw at room temperature for 10 to 15 minutes.

3. Mix together chicken, green onion, soy sauce, teriyaki sauce, honey, sesame oil, garlic, ginger, carrot and 5 ml (1 tsp) of the sesame seeds and set aside.

4. Remove pie shells from foil and flatten on clean, flat, lightly floured work surface. Cut four 7.5-cm (3-inch) squares from each pie shell.

5. Divide chicken mix evenly among 4 squares, mounding in the centre and leaving a 5-mm (1/4-inch) pastry edge.

6. Brush edges of pastry around filling with beaten egg. Top with remaining 4 squares of pastry. Press edges together and crimp with fork. Brush tops with beaten egg and sprinkle with remaining sesame seeds.

7. Bake for 15 minutes or until pastry is golden. Let pies rest for 10 minutes before serving.

THE CANADIAN PRESS/ TENDERFLAKE

Ingredients

- 2 frozen deep-dish pie shells
- 125 ml (1/2 cup) fully cooked and sliced chicken breast
- 30 ml (2 tbsp) sliced green onion
- 10 ml (2 tsp) soy sauce
- 15 ml (1 tbsp) teriyaki sauce
- 2 ml (1/2 tsp) each honey and sesame oil
- 2 ml (1/2 tsp) minced garlic
- 2 ml (1/2 tsp) grated ginger
- 30 ml (2 tbsp) grated carrot
- 15 ml (3 tsp) toasted sesame seeds
- 1 egg, beaten

metro
SUMMER FUN
Thursday, June 28, 2012

The summer is the best time to enjoy the great outdoors and take the family camping. ISTOCKPHOTO/THINKSTOCK

Vacation under the stars

Camping 101. Nothing says summer like camping and spending time in the great outdoors

YLVA VAN BUUREN
For Metro

There's nothing more Canadian than camping ... sleeping in a tent and spending time around a campfire in the great outdoors. Whether you are new to Canada or you've just never pitched a tent before, with the hot summer forecast this is the perfect year to try it out. But before you go looking for a campground, there are certain skills and helpful equipment you should know about.

The camping essentials, says Steve Hardie, camping manager at Canadian Tire, consist of everything you need for sleeping, eating and finding your way around in the dark (flashlights, lanterns and camp fires).

"The most important things are that you are comfortable, equipment is easy to use and you enjoy your experience," says Hardie. For example, Canadian Tire has a four-person tent that goes up in less than one minute.

"It's important to remove any intimidations you might have about camping," says Maureen Shenher of the Learn to Camp program at Elk Island National Park in Edmonton.

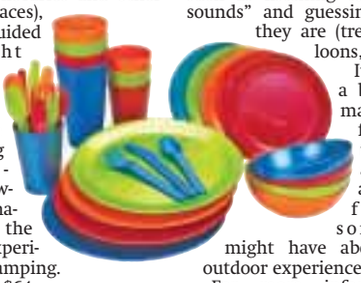
The Learn to Camp program offered by both Parks Canada and Ontario Parks in different locations across the country can help. It provides online resources, information sessions (at libraries and other public places), and guided overnight campouts that include all the camping equipment, how-to information, and the actual experience of camping. The fee is $64.

When participants arrive in the morning, they learn how to set up a campsite. The afternoon is for exploring the campgrounds. And everyone helps to put dinner together.

"Then we show them how to build a campfire and make s'mores, of course," says Lori Waldbrook with Ontario Parks. Someone may bring a guitar and have a singalong, or there may be a fun game such as listening to "night sounds" and guessing what they are (tree frogs, loons, etc.)

It's all about making it fun and taking away any fears someone might have about the outdoor experience.

For more information, visit pc.gc.ca/media/ltc-dlc/ltc-dlc08.aspx for Learn to Camp experiences with Parks Canada and ontarioparks.com/learntocamp/ for Learn to Camp experiences with Ontario Parks.



Coleman Instant Tent, 4-Person, $179.99, left, 33-Piece Camping Dinner Set $19.99, above, and Coleman Electronic Ignition Grill Stove, $99.99, all available at Canadian Tire, canadiantire.ca.

Helpful tips

Learn to Camp App

- Parks Canada Learn to Camp App provides tips, advice and all the information you need to plan and enjoy your first camping trip. There are recipes, checklists and tips for experienced campers. Download the app for free at pc.gc.ca/media/ltc-dlc/index.aspx.

Why camp?

- The great outdoors
- Affordable vacation
- Family time
- Change of pace
- Fun with friends
- Get away
- It's fun
- It's different
- Outdoor activities
- Back to nature

Susur Lee. TORSTAR NEWS SERVICE

Cooking over an open fire

Make your day at an urban park or week at a national park deliciously good!

Singapore-style beef shish kebabs grilled to perfection and plated with lightly charred grape tomatoes, sliced zucchini and mushrooms and garnished with grilled red chili pepper and fresh lime ... it sure doesn't sound like a campsite meal.

But new camp stoves and other equipment along with adventurous menu ideas mean campers can go gourmet under the stars.

"Camping is so much about sharing the romance of the outdoors with your friends and family," says celebrated chef Susur Lee. All you need is a good cooler, camp stove and a surface to work on, and then "there's really not much difference to cooking here and cooking in the kitchen," says Lee.

Equipment such as easy-to-clean non-stick grills (just clean them with a cloth), compact propane grills with instant even heat, and bug covers for food will help.

Make at least one dish at every meal that your family loves and, of course, cut corners and eat locally grown foods when possible, says Lee.

The one herb you should always have on hand? Basil, says Lee. It's so versatile. One way to use it: Slice fresh tomatoes, add salt, lemon juice and basil ... and you have a great salad.

YLVA VAN BUUREN

Simply delicious

A gourmet dessert

Here is an easy way make a gourmet dessert at the campground. Warm fresh strawberries in brown butter, mix in non-alcoholic icewine and cook together. Pour over a prepared angel food cake. Top with lemon yogurt.

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Were you born to grill?

Firing up the BBQ. Celebrity chef Rob Rainford provides tips to make barbecue season a success

YLVA VAN BUUREN
For Metro

There's nothing like a backyard barbecue to bring friends and family together, says Canadian chef and grill expert Rob Rainford.

Rainford, who teaches at George Brown College and is the chef at Gossip restaurant in Toronto, says when he is entertaining he will often cook a chicken or a tenderloin — "so I'm not completely straddled to the barbecue, and I can spend time with guests, too." But he is happy cooking a steak or burger to order as well.

Here is how to grill the Rainford way:

• Keep one part of the grill hot and the other at a lower temperature. "Then, depending on the cut of meat, you can sear it on both sides on the hot side, then finish the cooking process more gently on the cooler side of the grill."

• Always bring meat to room temperature before you grill to ensure even cooking.

• To keep meat or fish from sticking to the grill, wipe the cooking grates with vegetable oil before putting food onto them. Also, and this is most important, maintain a high temperature and leave the meat alone for the first 30 to 45 seconds.

• Use a water spray bottle to extinguish flare-ups from dripping juices from the meat. But it may also be better to move the meat to the lower heat side of the grill and finish cooking it that way.

• Watch the food you are grilling at all times. If you are slow grilling — the barbecue is at 100 C (220 F) — you can walk away but be sure to check it every half-hour.

• Let meat rest (even burgers) for about 10 minutes under tented foil before serving.

Celebrity chef Rob Rainford. CONTRIBUTED

FLAVOUR TIPS

• Grilled Greens: "I always add a grilled element to salads to add that barbecue flavour," says Rainford. For example, he will take scallions or leeks and grill them quickly and put them into a tossed green salad.

• Smoke It: Consider using wood chips in your barbecue and adding a smoky flavour. There are different kinds depending on what you are grilling. Flavourful woods such as hickory and mesquite go well with ribs while sweeter woods such as apple or cherry are recommended for tuna or chicken.

• Add Some Heat: Rainford, who has Jamaican parents, says you can jazz up any recipe by adding a tablespoon of Jerk sauce to the barbecue sauce you use (he includes recipes in his cookbook).

Recipe. Rob Rainford's Fired-Up Chicken Wings

Ingredients

- ½ cup (125 ml) canola oil
- ¼ cup (60 ml) Jerk Marinade (see Rainford's Staple Recipes in his book)
- 2 tbsp (30 ml) chili powder
- 2 tbsp (30 ml) onion powder
- 1 tbsp (15 ml) garlic powder
- 1 tbsp (15 ml) smoked paprika
- 1 tbsp (15 ml) freshly ground black pepper
- 1 jalapeno chili (for less heat, seed the chili)
- 1 tsp (5 ml) kosher salt
- ½ tsp (2 ml) ground ginger
- 2 lbs (1 kg) chicken wings

1 Combine the canola oil, jerk marinade, chili powder, onion powder, garlic powder, smoked paprika, black pepper, jalapeño, salt and ground ginger in a large bowl.

2 Add the chicken wings and toss to coat evenly. Refrigerate for at least 2 hours or up to 24 hours.

3 Fire up your charcoal. You need a medium-high grilling temp of around 350 F (180 C). Prep the grill for cooking over direct heat. If using a gas barbecue, preheat one side to medium-high and turn the other burner off so you can finish grilling the wings on the cooler side of the grill if they start to char.

4 Remove the wings from the marinade, shaking off the excess. Pat the wings dry with paper towels.

5 Grill the wings, turning often, for 20 to 30 minutes or until golden and the juices run clear. (If using a kamado-style grill, the wings need to be turned just once, halfway through cooking.)Makes two main-course servings; 10 appetizer-size servings.

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YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2® STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5 – 10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

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LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5 – 10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

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NBA

Wide-open draft after No. 1 pick

Once Anthony Davis slips on a Hornets hat above basketball's most celebrated eyebrow Thursday night, the NBA draft really starts. Davis will head to New Orleans with the No. 1 pick, even if the college player of the year is reluctant to guarantee it.

After that, nobody can be sure what will happen.

"I don't know," said Michael Kidd-Gilchrist, a fellow freshman from national champion Kentucky. "I have no clue."

THE ASSOCIATED PRESS

NHL

Stanley Cup going on tour

Thirteen American states, five Canadian provinces and its first-ever visit to Slovenia. The Stanley Cup will soon embark on a busy summer tour with the Los Angeles Kings.

THE CANADIAN PRESS

Golf

U.S. Ryder Cup team taking shape

U.S. captain Davis Love III selected a pair of longtime friends, Fred Couples and Mike Hulbert, as his assistants for the Ryder Cup. He said Wednesday they will help him choose his two other assistant captains for the Sept. 28 to 30 matches at Medinah Country Club in Illinois.

Love and Couples were stalwarts in the World Cup, winning a record four straight years as a team from 1992 to 1995. They also were teammates in the Ryder Cup, going 1-2 in team matches.

THE ASSOCIATED PRESS

Spain players celebrate victory over Portugal Wednesday in Donetsk, Ukraine. LAURENCE GRIFFITHS/GETTY IMAGES

Spain wins despite sputtering offence

Euro 2012 semifinal. Cesc Fabregas scores decisive penalty to send Spaniards to final

Still not pretty to watch, still just as effective.

Spain failed to dazzle yet again at the European Championship, but still advanced to its third straight major championship final by beating Portugal 4-2 in a penalty shootout on Wednesday following a 0-0 draw after extra time.

"We're playing better in defence than what the characteristics of our players would suggest," Spain coach Vicente del Bosque said. "That's what earns victories."

After earning plaudits for the eye-catching one-touch passing that helped Spain win titles at Euro 2008 and the 2010 World Cup, this year's team is struggling to create chances. Against Portugal, the defending champions managed only one shot on target in regulation time.

It didn't matter, though, because the Spanish still came through when it mattered. Cesc Fabregas, who came on as a substitute in the second half of regulation time, scored the deciding penalty after Bruno Alves had hit the crossbar for Portugal moments earlier.

"I played poorly, but the team worked really hard," Fabregas said. "I had this intuition that we could advance if we went to penalties and that's what we did."

Spain will next face either Germany or Italy on Sunday in the final at the Olympic Stadium in Kyiv.

Cristiano Ronaldo had several chances for Portugal, but he sent three shots well over the bar as his team held its own for the entire match. The Real Madrid star, who came alive with three goals in his last two matches at Euro 2012, did not take a penalty in the shootout. He had been slated to take the fifth one, but he never got that far.

THE ASSOCIATED PRESS

Game plan

Italy plans all-out attack

Italy coach Cesare Prandelli has some questions over his lineup for Thursday's European Championship semifinal with Germany. There's no question, though, over what type of match his team will play.

Despite facing the tournament's most impressive squad thus far, Prandelli promises his team will attack at will.

THE ASSOCIATED PRESS

4 SPORTS

NHL

"We are not going to be focusing on winning, winning, winning to the point that it suffocates us and we squeeze our sticks."

New Edmonton Oilers coach Ralph Krueger, who promised a plan to get inside the heads of his young scoring phenoms to keep them loose and make them believe. The Oilers signed Krueger, the associate coach last year, to a three-year deal. He replaces Tom Renney, who was let go as the team's 10th head coach last month.

THE CANADIAN PRESS

On the web

Should there be a rule for how much grunting is acceptable during a tennis match? The women's tour thinks so and is working on a plan to "drive excessive grunting" out of the sport. Scan the code for the story.

Raonic makes short work of Colombian in straight-sets win

Wimbledon. Canadian needs just 90 minutes to dispatch Giraldo, finishing the match following rain interruption

Canadian Milos Raonic advanced to the second round at Wimbledon on Wednesday, completing a 6-4, 6-4, 6-4 victory over Colombian Santiago Giraldo that had been interrupted the night before by rain and darkness.

The 21st-ranked player from Thornhill, Ont., needed just minutes to wrap up the win and move on to a meeting with Sam Querrey.

The 64th-ranked American Sam Querrey defeated Canadian Vasek Pospisil 7-5, 6-7 (5), 6-3, 6-4 on Tuesday night. spoiling a potential all-Canadian showdown).

Raonic was playing at the All England Club for the first time since slipping in his second-round match a year ago against Gilles Muller. The hip injury required surgery and sidelined him until November.

The Canadian fired 20 aces in just over 90 minutes, breaking three times while never losing serve. He recorded 44 winners and just eight unforced errors.

Raonic, winner of two titles this season, lost his only other match to Giraldo two years ago in Davis Cup play on clay.

He joins Aleksandra Wozniak as the only Canadians left in Wimbledon singles after the first round.

Wozniak, ranked 56th, opened with a 6-2, 7-5 win over Russian Vera Dushevina.

She plays her third-round match Thursday against China's Zheng Jie in a repeat of a French Open match last month won by the Canadian.

THE CANADIAN PRESS

Milos Raonic returns a shot against Santiago Giraldo at Wimbledon on Tuesday. Following an interruption due to rain and darkness, the match concluded on Wednesday with Raonic winning 6-4, 6-4, 6-4. PAUL GILHAM/GETTY IMAGES

Quoted

"They do brief you beforehand. I guess you don't do anything stupid. You behave."

Roger Federer on playing under the watchful eye of Prince Charles, who visited Wimbledon for the first time since 1970. Federer defeated Fabio Fognini 6-1, 6-3, 6-2 on Wednesday.

"I really don't get as upset when I lose points now. I'm not that emotional anymore."

Sloane Stephens, a 19-year-old American playing at Wimbledon for the first time. Stephens beat Petra Cetkovska 7-6 (6), 4-6, 6-3 on Wednesday.

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Canadians in the running for Espys

Canadian kickboxer Baxter (One Arm Bandit) Humby has been nominated for best male athlete with a disability in the Espy Awards.

Humby, a native of Winnipeg who now makes his home in Los Angeles, is missing a right hand as a result of his arm being caught on his mother's umbilical cord and severed while in the womb.

He is the current International Muay Thai Council world super-welterweight champion.

He is up against MMA fighter Kyle Maynard, wheelchair racer Raymond Martin, cyclist Oz Sanchez and skier Tyler Walker.

Toronto's Dwayne de Rosario of D.C. United is a candidate for best MLS player, along with David Beckham (Los Angeles Galaxy), Brad Davis (Houston Dynamo) and Chris Wondolowski (San Jose Earthquakes).

Montreal freestyle skier Kaya Turski, a three-time Winter X Games champion in slopestyle, is nominated for best female action sports athlete.

The Stanley Cup-champion Los Angeles Kings are well showcased in the Espy nominees.

Dwayne de Rosario, pictured playing for D.C. United on May 16 in Washington, DC., is one of many Canadians nominated for an Espy Award. NED DISHMAN/GETTY IMAGES

The Kings are up for best team and best upset, while goalie Jonathan Quick is nominated in the best championship performance and best NHL player categories. Darryl Sutter is up for best coach/manager.

Other best NHL player finalists are Claude Giroux of the Philadelphia Flyers, Henrik Lundqvist of the New York Rangers, Evgeni Malkin of the Pittsburgh Penguins and Steven Stamkos of the Tampa Bay Lightning.

Sidney Crosby is nominated for best comeback athlete.

Winners of the Internet vote will be announced July 11 in Los Angeles.

THE CANADIAN PRESS

NHL. NHLPA sets 31-man negotiating committee, readies for CBA talks

Poised and confident. Calm and ready.

There wasn't the slightest hint of tension in the air as the NHL Players' Association wrapped up executive board meetings Wednesday and shifted its attention to the imminent negotiations on a new collective bargaining agreement.

"We're ready," said Don Fehr, the NHLPA's executive director. "The players are ready, I'm sure the owners are ready. It's time to start."

The first formal session will be held Friday in New York. The sides also have plans to meet again late next week and will continue holding sessions until a new deal can be hammered out.

Expiry date

The current collective bargaining agreement expires Sept. 15.

Fehr unveiled a 31-player negotiating committee that includes a true cross-section of the union's membership: Recognizable faces in Henrik Zetterberg, Shea Weber and Shane Doan; journeymen in Dominic Moore, Alex Auld and Craig Adams; and even John Tavares, who is only 21 years old and just completed his entry-level contract.

THE CANADIAN PRESS

Roger Clemens

Witness wasn't credible, says juror

A juror in the Roger Clemens perjury case tells The Associated Press the key prosecution witness in the case wasn't credible.

The witness, Brian McNamee, was Clemens' longtime strength coach. McNamee testified he injected the star pitcher with steroids and human growth hormone.

But McNamee's physical evidence was kept in a beer can and his story changed over time.

Juror Bradford Weaver says McNamee wasn't credible for the jury because of a lack of "truthfulness." Weaver also says the physical evidence wasn't solid.

Clemens was acquitted last week of charges he lied to Congress in 2008 when he denied using steroids or HGH. THE ASSOCIATED PRESS

Romero's poor outing costs Jays

Blue Jays shortstop Yunel Escobar dives but the ball gets by him for a single in the first inning at Fenway Park, Tuesday. ELISE AMENDOLA/THE ASSOCIATED PRESS

MLB. Ortiz hits his 399th career home run, Red Sox win 10-4

The Red Sox scored six runs in the first inning against a wild Ricky Romero, David Ortiz hit his 399th career homer and Boston beat the Toronto Blue Jays 10-4 on Wednesday for its fifth straight series win.

Adrian Gonzalez had three RBIs and Mike Aviles added two as the Red Sox improved to 9-2 in their last 11 games.

Jon Lester (5-5) fell behind 1-0 in the first when he allowed a run-scoring single to Colby Rasmus, but the Red Sox scored all the runs they needed in the bottom half as Romero (8-2) threw 16 balls on his first 19 pitches.

Boston went ahead 7-1 in the second when Ortiz and Cody Ross walked on 3-1 pitches and Gonzalez hit an RBI single.

Jose Bautista hit a solo shot, his major-league leading 25th homer of the season, off Lester in the fourth. But the Red Sox struck back with two runs in the bottom of the inning. Gonzalez singled in one and Aviles drove in the other.

Ortiz made it 10-2 in the fifth with his 21st homer of the year. His 399 career homers are tied for 49th with Andres Galarraga and Al Kaline. Duke Snider is 48th with 407.

Walks

6

Starter Ricky Romero walked six in Wednesday's game, one of the worst performances of his career.

Lester, who was just 1-2 in his previous six starts, retired eight consecutive batters before running into trouble with two outs in the sixth. He allowed a double to Bautista followed by Edwin Encarnacion's 22nd homer. Ben Francisco then singled, but Yunel Escobar flied out to end the inning.

Lester pitched seven innings, striking out four with no walks, seven hits and four runs.

Romero was in trouble from the start. He had averaged 4.4 walks per nine innings this season but walked a total of just nine batters in his last four starts.

On Wednesday, he struggled to find the plate and left after giving up six walks, seven hits and nine runs in three-plus innings. THE ASSOCIATED PRESS

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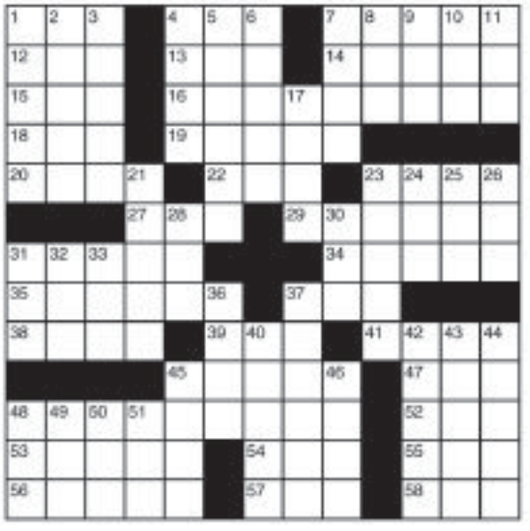
Across
1 Sphere
4 Monokini's lack
7 Pair
12 Chum
13 Rowing need
14 Comic actor Atkinson
15 Big bother
16 Pennants
18 "Flying Down to —"
19 Push
20 Grant's place
22 Ram's ma'am
23 Remark re Yorick
27 Corn spike
29 Governor
31 Tease goodnaturedly
34 Substantial
35 Taxpayers' fears
37 Baltimore newspaper
38 TV's Batman
39 Prune
41 Story
45 Leg bone
47 Crib
48 Startling headlines
52 Conclusion
53 Pile up
54 "Of course"
55 Past
56 Lips
57 Former flier
58 Do some landscaping

Down
1 Dizzying designs
2 Sirius medium
3 Flourish
4 Employer
5 Newsman Dan
6 Quiver occupant
7 Scottish slope
8 CD- —
9 Shock partner
10 Jam ingredient?
11 Navy rank (Abbr.)
17 24/7
21 Suit
23 Rep
24 Meadow
25 Pismire
26 Pigs' digs
28 Sternward
30 Aussie coat of arms beast
31 Cornfield noise
32 Shade
33 Billboards
36 Svelte
37 Steeples
40 Follows orders
42 Perpendicular, at sea
43 Chuck Woolery's GSN show
44 Be philanthropic
45 Little bits
46 Helper (Abbr.)
48 Yon maiden
49 Massachusetts cape
50 Tatter
51 Before



	8	7	3			6		
				2		4		5
2	1				5			3
		9						8
	3						5	
8						7		
4			1				9	7
1		8		7				
		2			4	3	6	

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	6	4	5	1	7	5	8	9
9	8	3	6	4	5	7	1	2
1	5	7	8	2	9	3	4	6
5	4	2	1	6	3	8	9	7
7	1	9	4	5	8	6	2	3
8	3	6	9	7	2	4	5	1
3	2	1	7	8	4	9	6	5
4	7	5	2	9	6	1	3	8
6	9	8	5	3	1	2	7	4

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

S B G X C Q I G M S G Q A O A M ' S
I H S G M J H D B Y S C W I Y J M S B G
I C X R C D G , Y J O S D J S W C Q R G A
" Q G S H Q M S J Y C M A G Q . "

Yesterday's Cryptoquip: IF A GUY STUBBORNLY REFUSED TO LET GO OF HIS METAL SODA CAN, MIGHT YOU CALL HIM TIN-ACIOUS?
Today's Cryptoquip Clue: A equals D

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. Your confidence may be high today but you would be wise not to let your enthusiasm get the better of you. It may turn people against you.

Taurus | April 21 - May 21. What changes can you introduce to make your life more exciting? Give it some thought and when you come to the conclusion, draw up a plan.

Gemini | May 22 - June 20. The only danger now is that you will focus on one aim to the exclusion of everything else and miss out on other possibilities. Don't switch off the world around you.

Cancer | June 21 - July 22. Partners and colleagues are in a talkative mood and some of the things they have to say will not only be interesting but could even help your career.

Leo | July 23 - Aug. 22. You have a lot on your plate at the moment but the lion's share of your work is for the benefit of other people. That needs to change.

Virgo | Aug. 23 - Sept. 22. Planets are tempting you to make big claims for yourself, which could lead to problems when others discover you lack relevant experience.

Libra | Sept. 23 - Oct. 22. What happens today may seem chaotic but if you stand back and take a broader perspective of the situation you will see there is a pattern to events. Rise above petty issues.

Scorpio | Oct. 23 - Nov. 21. A change of scene will do you a world of good. The more you are on the move, the more likely it is you will discover something, or someone, that makes life worth living again.

Sagittarius | Nov. 22 - Dec. 21. You may have to use a bit of muscle to get what you need today but watch out you don't annoy someone whose assistance you will need in the very near future.

Capricorn | Dec. 22 - Jan 20. Make big plans for the next few days — the bigger the better. What happens next week will help you turn your plans into reality.

Aquarius | Jan. 21 - Feb 18. You may be held back by circumstances beyond your control but don't fight it — go with the flow.

Pisces | Feb. 19 - March 20. The Sun in Cancer boosts your confidence but there is a danger today that you could get carried away and say or do something that upsets an authority figure you need to get along with. **SALLY BROMPTON**

Caption Contest

"I taught Gene Simmons this."
Matthew

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